# Are bicycle helmet laws dangerous?

**By Reid Singer, Outside**

There's no question that helmets make cycling safer. A recent study by researchers at the University of Arizona found that wearing one makes you 59 percent more likely to survive a collision.

But according to many bike advocacy groups, laws requiring that adults wear helmets actually lead to more injuries. How's that?

Studies show that the laws deter people from riding, and the fewer riders there are on roads, the more car-bike accidents occur.

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